

FALL 2019

Milton Coaching Manual



KINDERGARTEN BOOKLET

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MILTON YOUTH SOCCER MISSION STATEMENT

Our Philosophy

Milton Soccer wishes to create and foster a safe learning environment in which all children enjoy themselves and develop an appreciation for all aspects of the game of soccer. Soccer not only offers the opportunity to display specific physical skills, but more importantly, it offers the opportunity to develop a sense of team, cooperation, work ethic, self-discipline, and personal accountability and responsibility.

Milton Soccer will continually strive to be a program, which stresses integrity, honesty, honor, and class.

Program Objectives

1. **TO ENJOY ONESELF**
The game must be fun to practice, play and learn
2. **TO LEARN AND STUDY THE GAME**
The game must be played safely and fairly
3. **TO VALUE EFFORT**
Effort is always stressed. The game allows for a wide range of skills
4. **TO MAKE A COMMITMENT**
The game requires prioritizing all responsibilities.
5. **TO LEARN SELF-DISCIPLINE**
The game is based on teamwork as well as individual skills.
6. **TO RESPECT SPORTSMANSHIP**
Players must learn and value healthy competition.



MILTON YOUTH SOCCER KINDERGARTEN RULES

Kindergarten session consists of a 45-minute practice of fun activities and small sided games, and then a 30-minute game. It is suggested that you take a "half-time" break between the practice and the game. Good time to have a snack for the kids. Oranges, watermelon, something like that.

Game Formats

Kindergarten - 3v3 (two simultaneous games)

Boundaries: No out of bounds. Just encourage the kids to get back on the field as needed and ask parents to help kick errant balls back into play. Have a spare ball or two in your hand and if it goes out throw a new one back into play

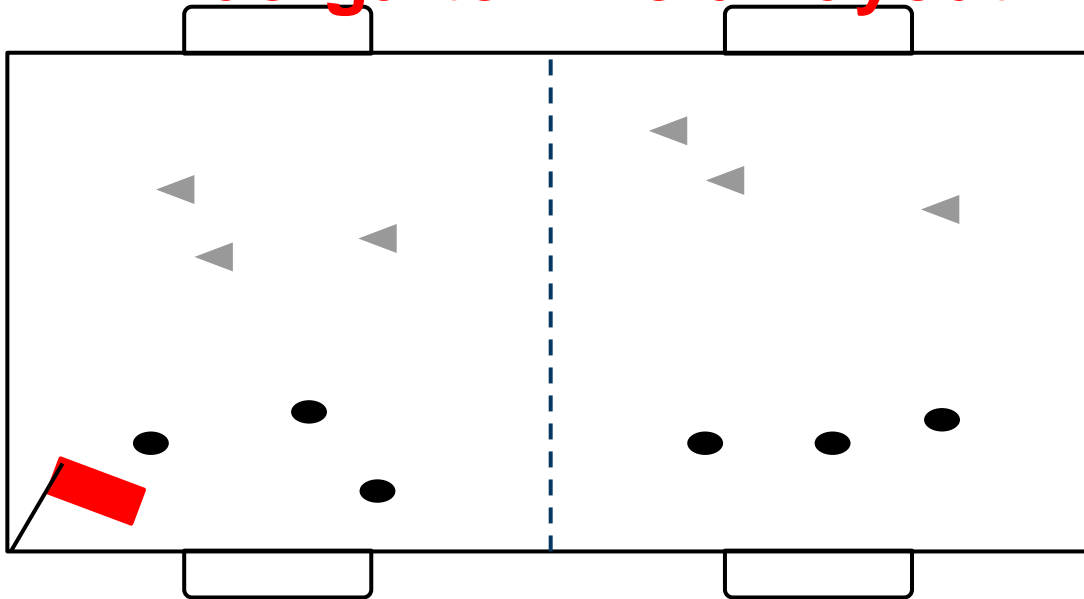
Goalie: no goalie

Setup and Breakdown

Setup - each field will need two sets of 2 PUGGS (pop-up goals). Grab these on your way into the field and set them up as in the diagram. Basically, you are playing two mini games sideways on a 1st grade size field. Only use hands to drive in stakes that hold down PUGGS. If you use your foot they will break.

Breakdown - Fold up the PUGGS with a simple twisting motion (do not force) and put them two-to-a-bag. Return by the info board.

Kindergarten Field Layout





AREAS OF FOCUS

DRIBBLING

EACH PLAYER SHOULD BE ABLE TO DRIBBLE INTO SPACE WHILE USING DIFFERENT PARTS OF THEIR FEET
(OUTSIDE, INSIDE, LACES, SOLE)

STRATEGIES

1,2,3 EYES ON ME/IF YOU CAN HEAR ME, TOUCH YOUR NOSE, EYES, EARS, ETC.
HAVE PLAYERS SIT DOWN FACING YOU – YOU FACE THE SUN, THEY FACE AWAY FROM SUN AND
DISTRACTIONS

1V1 DRIBBLING

EACH PLAYER SHOULD BE ABLE TO BEAT AN OPPOSING PLAYER IN 1V1 SITUATION

CREATIVE SKILLS AND TRICKS

PLAYERS SHOULD BE INTRODUCED TO VARIOUS SKILLS AND TRICKS IN ORDER TO BEAT AN OPPOSING PLAYER
IN 1V1 SITUATION

INTRODUCTION TO TECHNICAL SKILLS

EACH PLAYER SHOULD HAVE KNOWLEDGE OF BASIC TECHNIQUE OF SOCCER SKILLS (PASSING, RECEIVING,
CONTROLLING SOCCER BALL, SHOOTING, AND SHIELDING)

PLAYER ENJOYMENT

MAXIMUM ENJOYMENT AND TOUCHES ON OF THE BALL FOR ALL PLAYERS



K2 SCHEDULE FALL 2019

1 st Grade Boys	8:15am	Houghton's Pond
Kindergarten Boys	11:45am	Houghton's Pond
2 nd Grade Boys	10:00am	Houghton's Pond
1 st Grade Girls	8:15am	Milton Health Care
Kindergarten Girls	1:30pm	Houghton's Pond
2 nd Grade Girls	3:15pm	Houghton's Pond

K2 Kindergarten Girls

Saturday September 7th - 1:30 PM

Argentina	vs	Belgium	Houghtons #1
Netherlands	vs	France	Houghtons #2
England	vs	Mexico	Houghtons #3
Italy	vs	Brazil	Houghtons #4

Saturday September 14th - 1:30 PM

Netherlands	vs	Argentina	Houghtons #1
Belgium	vs	Mexico	Houghtons #2
France	vs	Italy	Houghtons #3
England	vs	Brazil	Houghtons #4

Saturday September 21st - 1:30 PM

Argentina	vs	France	Houghtons #1
England	vs	Belgium	Houghtons #2
Mexico	vs	Italy	Houghtons #3
Brazil	vs	Netherlands	Houghtons #4

Saturday September 28th - 1:30 PM

France	vs	Mexico	Houghtons #1
Netherlands	vs	Belgium	Houghtons #2
Argentina	vs	Brazil	Houghtons #3
Italy	vs	England	Houghtons #4

Saturday October 5th - 1:30 PM

England	vs	Netherlands	Houghtons #1
Mexico	vs	Argentina	Houghtons #2
Belgium	vs	Italy	Houghtons #3

Brazil	vs	France	Houghtons #4
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Saturday October 12th - 1:30 PM

Mexico	vs	England	Houghtons #1
Italy	vs	Argentina	Houghtons #2
France	vs	Netherlands	Houghtons #3
Belgium	vs	Brazil	Houghtons #4

Saturday October 19th - 1:30 PM

Mexico	vs	Belgium	Houghtons #1
England	vs	France	Houghtons #2
Argentina	vs	Netherlands	Houghtons #3
Brazil	vs	Italy	Houghtons #4

Saturday October 26th - 1:30 PM

Netherlands	vs	Brazil	Houghtons #1
Belgium	vs	England	Houghtons #2
Italy	vs	Argentina	Houghtons #3
France	vs	Mexico	Houghtons #4

WORLD CUP FINALS GAME 1 - Saturday November 2nd - 1:30 PM

Belgium	vs	Netherlands	Houghtons #1
England	vs	Argentina	Houghtons #2
Italy	vs	France	Houghtons #3
Mexico	vs	Brazil	Houghtons #4

WORLD CUP FINALS GAME 2 - 1:55 PM

Netherlands	vs	Italy	Houghtons #1
Argentina	vs	Mexico	Houghtons #2
France	vs	Belgium	Houghtons #3
England	vs	Brazil	Houghtons #4

WORLD CUP FINALS GAME 3 - 2:20 PM

England	vs	France	Houghtons #1
Mexico	vs	Netherlands	Houghtons #2
Brazil	vs	Argentina	Houghtons #3
Belgium	vs	Italy	Houghtons #4

<p>RECEIVING</p> <p>On balls of feet Get in line with the ball Decide on surface Present surface towards ball Open Body to find space Relax on impact Touch away from pressure</p> <p>Common Errors: Flat footed, cannot turn Heavy touch into pressure</p> 	<p>DRIBBLING</p> <p>Keep ball close Vary surfaces of the foot Keep head up Soft touch on ball Know where the ball is Change pace Change direction if required</p> <p>Common Errors: Heavy touch, loss of control Too close to defender</p> 	<p>RUNNING WITH BALL</p> <p>First touch out of feet Get into running stride Ball contact with laces Try not to break stride Keep head up Look down on impact</p> <p>Common Errors: Identify space to accelerate Head down, lack of awareness</p> 
<p>SHORT PASSING</p> <p>Look at target Then focus on ball Non kicking foot alongside ball Pointing towards target Strike center of back of ball Inside the foot / Firm ankle Follow through towards target</p> <p>Common Errors: Don't look at ball when striking Lack of follow through</p> 	<p>LONG PASSING</p> <p>Look at target Then focus on ball Angled approach Non kicking foot alongside ball Pointing towards target Slightly lean back Striker center to bottom of ball Follow through towards target</p> <p>Common Errors: Straight approach miss target Lack of power - follow through</p> 	<p>SHOOTING</p> <p>Identify area to strike the ball Touch away from pressure Eyes on ball Non kicking foot alongside ball Head & body over ball Pointing towards target Across the goal Hit with surface – laces or inside Power / follow through to target</p> <p>Common Errors: Looking at target not ball</p>
<p>TURNING</p> <p>Identify type of turn Element of surprise Confidence Arms out for balance Non-kicking foot used as base Knee bent and body position Accelerate away from defender</p> <p>Common Errors: Awareness of when and where Too close to defender</p> 	<p>DEFENDING</p> <p>Pressure on ball – leg length Angle of approach Slow down at correct distance Body position – Side on (surfer) Stay on balls of feet Delay / patience Decision of when to win it Recovery step and runs Distance of second defender</p> <p>Common Errors: Too fast an approach Lack of patience</p> 	<p>HEADING -- NOT ALLOWED</p> <p>Eyes open & mouth shut Forehead contact with ball Use neck and back muscles Arms out – balance / protection Side on for protection Rocking motion Head bottom of ball (Defending) High & distance (Defending) Head middle to top (Attacking) Low & Accuracy (Attacking)</p> <p>Common Errors: Eyes closed, lack of aggression</p> 

